



Spanakopita-Inspired Flatbreads with Marinated Tomatoes

Veggie

30 Minutes

+ Add



Chicken Breast
Tenders +
310 g | 620 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ricotta Cheese
100 g | 200 g



Feta Cheese,
crumbled
½ cup | 1 cup



Flatbread
2 | 4



Baby Spinach
113 g | 226 g



Red Onion
1 | 1



Baby Tomatoes
113 g | 227 g



Lemon
1 | 1



Green Onion
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Dill-Garlic Spice
Blend
1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, silicone brush, small bowl, whisk, zester

1



Prep and marinate tomatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Peel, then cut **half the red onion** (whole onion for 4 ppl) into ½-inch pieces.
- Thinly slice **green onion**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Roughly chop **spinach**. (**TIP:** Place in a bowl, then chop using kitchen shears or scissors!)
- Halve **tomatoes**.
- Add ½ **tbsp** (1 **tbsp**) **lemon juice**, ½ **tsp** (1 **tsp**) **sugar** and ½ **tbsp** (1 **tbsp**) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine. Add **tomatoes**, then toss to coat.

4



Make ricotta mixture

- Meanwhile, add **ricotta**, **mayo**, **Dill-Garlic Spice Blend**, **half the green onions**, **half the feta**, ¼ **tsp** (½ **tsp**) **lemon zest** and ½ **tbsp** (1 **tbsp**) **lemon juice** to a small bowl.
- Season with **pepper**, then stir to combine.

2



Cook onions and spinach

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl until melted.
- Add **red onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **spinach**. Cook, stirring occasionally, until wilted, 2-4 min.
- Remove from heat.

5



Bake flatbreads

- Spread **ricotta mixture** over **toasted flatbreads**, then top with **onion-spinach mixture** and **remaining feta**.
- Bake in the **middle** of the oven until golden-brown and crisp, 6-8 min. (**NOTE:** For 4 ppl, bake flatbreads in the middle and top of the oven, rotating sheets halfway through.)

3



Toast flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet, then brush with ½ **tbsp oil**. (**NOTE:** For 4 ppl, use 2 unlined baking sheets, with ½ **tbsp oil** per sheet.)
- Toast in the **bottom** of the oven until softened, 2-5 min. (**NOTE:** For 4 ppl, toast in the middle and bottom of the oven.)

6



Finish and serve

- Quarter **spanakopita-inspired flatbreads**.
- Divide between plates, then top with **marinated tomatoes** and **remaining green onions**.

Measurements within steps | **1 tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken and toast flatbread

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Transfer **onion-spinach mixture** to a plate, then reheat the same pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.**

5 | Bake flatbreads

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top **flatbreads** with **chicken**, along with **onion-spinach mixture** and **remaining feta**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.